

## Medical Insurance Available to SJC Students

### New Plan Offers Comprehensive Coverage at Low Cost

By Tara Vafiadou

At a time when medical insurance is on the minds of many Americans, St. Joseph's College is now offering a new and improved Student Accident and Sickness Insurance Plan to its students.

The insurance plan is the result of many hours of negotiation by Dr. Susan Hudec, Dean of Students and grew out of a demand for such coverage by both Brooklyn and Patchogue campus students of the college.

Dr. Hudec examined a wide variety of plans offered by insurance carriers before finding one that would meet the needs of SJC students. It represents a vast improvement over the Basic Accident Policy of \$5000 per student which covers all St. Joseph's students while they were attending the college.

The first major feature of the policy is its affordability. From September of 2007 to September of 2008, the annual cost per student is only \$946.00. For an additional charge, the plan will also cover spouses and children of SJC students.

A second impressive feature of the

policy is that it is carried by a number of MultiPlan providers. This means that there are innumerable doctors that can be found in the network.

"I think that the new insurance policy is a good idea, especially for students who are not insured under their parents' medical policies," said Nick Finizio.

Students are covered for an entire school year under the policy, and this includes the summer and even outside of the United States, should a student happen to travel.

The program is also attractive to graduating seniors in the Class of 2008. Even after graduation, they will be covered until September. Hopefully, this will give them sufficient time to find employment which includes medical coverage as a fringe benefit. But after September, they will have to make arrangements for their own coverage since they will no longer be covered.

"I think that this new health insurance is very beneficial and a great idea. With everything that students have to deal with, it is nice

to know that we can be covered in this way in case something happens to us," said Jessica Jeudy.

The policy utilizes the MultiPlan Network to reduce the costs for all members of the plan. Coverage insurance is \$25,000 per incident. An annual deductible must be paid by the member before the plan will begin to pay expenses, but this is typical of many medical insurance policies.

For network providers, the deductible is \$100 and for non-network providers, it is \$250. On office visits to physicians, those students who select an in-network doctor will have a \$15 co-pay and are then covered for the rest of the services at 100%. Students who chose an out-of-network doctor also have a \$15 co-pay but then the bill will be paid at the rate of 60% of customary charges billed by the provider.

There is also mental health coverage, pharmacy emergency coverage for both generic and brand name drugs, hospitalization coverage, outpatient surgery coverage (x-rays and ER visits), ambulance coverage and



Dr. Hudec addresses students at Orientation

RX National Access Programs.

The National Discount Program is also included and covers household benefits such as vision care, dental care, prescriptions, chiropractic care, alternative medicine, hearing, vitamins and National Fitness Programs. Also, there is a 24 hour nursing hotline available as well as Worldwide Travel Assistance.

Each one of the areas covered under the plan requires a co-pay. The plan pays a percentage of each area which is determined by the service that is offered. The size of the benefits paid are largely determined by use of the in-network physicians and service providers.

Each student at the college will receive a letter with detailed information about the insurance plan. It will

also inform students about the procedures for signing a contract with the company directly, as the college will not be handling it themselves.

"I believe that the new insurance policy is very important for us to maintain a healthy student life," said Erica Zhang.

Any student interested in learning more about the student health plan can access the complete brochure at [www.sicny/studentinsurance.com](http://www.sicny/studentinsurance.com). Finding out about MultiPlan providers can be accessed by going to their website at: [www.multiplan.com](http://www.multiplan.com). Students may also contact Juana Clipper from Health First, a state government plan, for information about a free health insurance plan for students who meet certain financial criteria. She may be reached at (800) 582-8540 Ext. 2859.

## Keeping the SJC Campus Safe and Secure

By Marsha Desrosiers

In light of the tragic events that took place at Virginia Tech last April, students, parents, faculty and administrators alike have been giving serious considerations to the safety of American college campuses.

On 'open' campuses such as St. Joseph's College as opposed to gated campuses such as Brooklyn College, the problem is perhaps exacerbated since public streets pass directly through the school.

Nevertheless, the administration of the college has taken whatever steps it can to protect every member of the St. Joseph's College community.

Fundamental to the safety of everyone at St. Joe's is the possession of a valid and up-to-date college ID.

Incoming freshman are provided with their ID's at the second day of Orientation in September. Returning students can obtain stickers which validate their ID for the current school year from security personnel located at the entrance to every building on campus.

In the event that the security guards run out of stickers, they can

also be obtained in the Student Life Center (Room 101) of Tuohy Hall.

Dr. Susan Hudec, Dean of Students, emphasizes the importance of these ID cards.

"We ask that every member of the SJC community show their ID card every time they enter a building on campus. This includes faculty and administration as well," she said. "This is done for the safety of all concerned, so we ask that you do not take offense when a guard asks to see your ID card. This is our main protection against outsiders who do not belong here," she added.

Guests are issued Visitor's Passes at the security desks in each building and these passes must be shown or displayed upon request.

To protect students from outside scam artists and predatory individuals, the college has instituted a Posting Policy. Only approved flyers and brochures may be posted on the school's bulletin boards, and each one of these must be approved by Sherrie VanArnam in the Student Life Center before they may be put

up—and then, they can only be posted in approved areas.

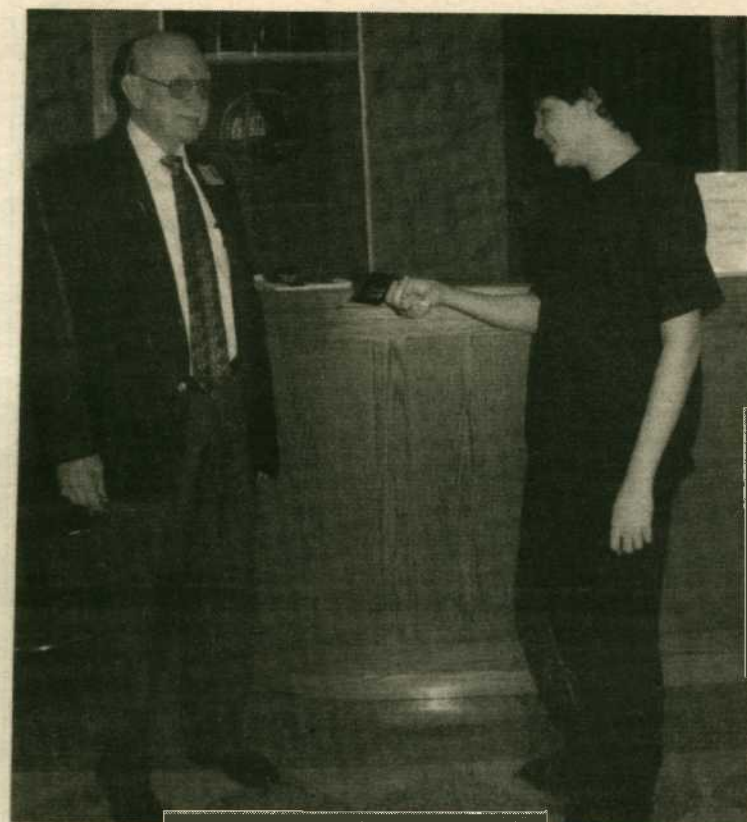
Now and again, an unfortunate incident such as a mugging can occur as students walk towards train stations and bus stops. Dr. Hudec has sent emails to everyone on campus cautioning them to be aware of their surroundings and not to carry valuables that make them easy targets.

"The NYPD Community Affairs Bureau will be coming in during the fall to conduct Student Safety workshops," said Dr. Hudec. "They help students become more aware of

how to protect themselves and their belongings and they do a great job with these workshops," she added.

In the spring of 2007 during common hour, a mini-self-defense class was given which taught fundamental strategies that students could use to protect themselves once they leave the campus.

"I have felt very safe on the St. Joe's campus since I got here," said freshman Isabel Chung, "but it never hurts to be aware of what is going on. As we have seen, terrible things can



Security James Lackey checks student ID's at the entrance of Tuohy Hall

happen when we least expect them to," she added.

All in all, the feeling amongst the students, faculty and administration

of the college is that St. Joseph's College is safe and will remain safe, but vigilance is the surest way to see that it stays that way.



# EDITORIAL

## COURTESY REALLY IS CONTAGIOUS

Years ago in movie theaters, children were relegated to the 'Children's Section,' a group of seats in the rear that was patrolled by an elderly 'matron' dressed in a white uniform, white socks and white shoes who stalked the aisles looking for malefactors. If you talked or horsed around, she would shine her flashlight in your eyes and put you out of the theater.

Is this what you want—or need—in your college library? Then let's talk a little bit about courtesy to start this school year the right way.

Think of the library as a temple of learning—and treat it with the reverence it deserves. It isn't a place for you to take a nap (we have lounges in almost every building for that). Neither is it a place for you to play your *Game Boy* or video games on your cell phone. And most assuredly, it is not a place for you to take incoming calls and disturb the studying of others by holding conversations in the reading rooms. It's not even a place where you should be talking at all.

The very idea that students would play music on a library computer at a volume that disturbs others, or play video games complete with sound effects, makes us wonder if the definition of the word courtesy has taken on new meaning in the twenty-first century.

Towards the end of the spring 2007 semester, things had gotten pretty raw in the library. While the atmosphere was not exactly carnival-like, nevertheless, it was a far cry from what a library should be: a place of quiet where serious students can do their research, writing and studying uninterrupted by the chatter and distractions of others.

We are all college students here; we would, no doubt, be offended if a security guard were tasked with patrolling the library making us be quiet when we got out of hand, complaining that we were being treated like high school students. Don't like it? Then don't act like high school students.

It doesn't cost anything extra in your tuition bill to be courteous. The library is certainly one place on the SJC campus where you can exercise that courtesy.

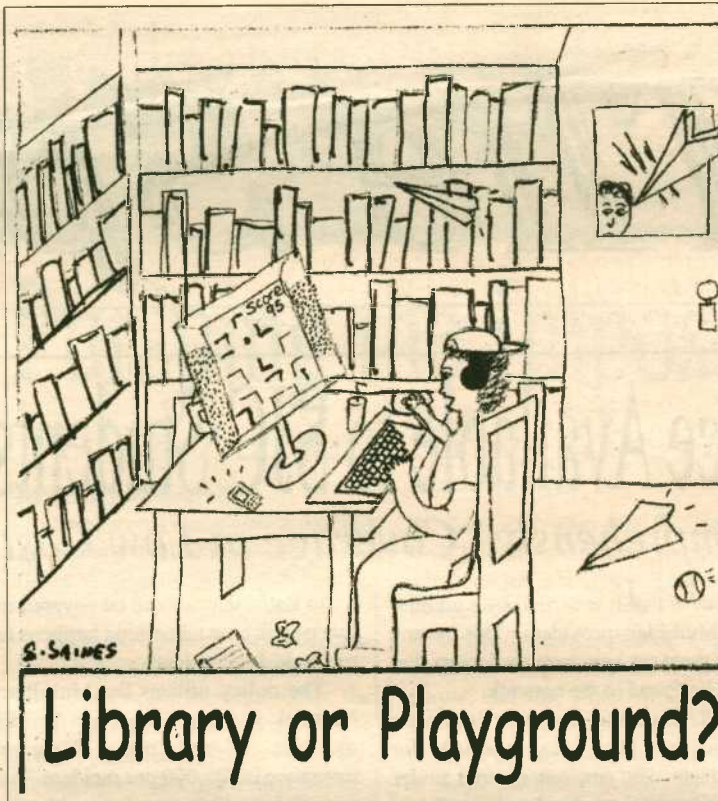
But wait, there's more! Another place where a strong dose of courtesy management is needed is in the very classrooms in which we are supposed to be learning.

Once again, last semester, reports surfaced on the frequent and blatant disrespect shown towards some of the faculty members in their classrooms. *The Spirit* believes that such occurrences are intolerable and must come to an end immediately.

Courtesy takes many forms. Coming to class consistently late and interrupting your professor in mid-lesson is discourtesy. Failing to silence your cell phones or leaving the room in the middle of a class is discourtesy. Making denigrating remarks about a classmate is discourtesy. And surely, doing *anything* to show disrespect to a faculty member is the most discourteous behavior of them all.

No one objects to spirited discussions in a class. In fact, strongly defending one's position through fact and argumentation are tools that any college student should value. But when those arguments degenerate into invective and name-calling, then the student who has practiced these defamatory methods has shown no knowledge of classroom courtesy.

It's a new term, and perhaps it is time for new—and more mature—behavior patterns. Remember where you are: St. Joseph's College. Be aware of that at all times and act accordingly. College life will improve for all of us very quickly.



## Library or Playground?

### THE SPIRIT

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## Tara Talk

By Tara Vafiadou

### Kick off the New Term the Right Way!

Oh no! It's back! No, not the Blob-school! Yes, ladies and gents, St. Joseph's is back in session and here we all are again—or for the first time, in the case of the freshman class.

Now while some of you might be missing those relaxing afternoons at the beach and working on your tans in the summer sun, we all knew that it had to end sometime or other—and it has.

Yes, it's going to be a bit difficult getting the brain in gear again for another year of classes, tests and papers, but you have to admit, on at least some level, it's pretty good to get back to school.

Sure, we've been off since May, but there's something comfortable about walking the hallways of the buildings again, and certainly seeing friends and classmates again is always fun and exciting.

Starting a new year means we are one step closer to getting to where we want to be. It also means we are one step closer to the reality of careers, grad school entrance exams and life in general.

As for the incoming freshman class—well, what can I tell you? Prepare to be overwhelmed, at least at first. But in a few weeks time, you will fit right in here, and just as we all did, you are going to have the chance to meet new friends and become close with your professors and instructors.

And about this friend-making stuff, you may be wondering about

how to go about it. Well, the first step is to start visiting the places where students congregate. Go to the cafeteria in the library building, visit the new cardio center in Tuohy Hall, come crash in one of the lounges or in the new Red Room Café.

These are the places where you can find students just like you—sometimes just as lost and lonely as you may be. Talk to them! Meet them! Like you, they are looking for friends.

Another way to make friends is by getting to know the students in the classes in your major. Chances are you will be seeing those people in quite a number of your classes over the next four years.

Want to make friends quickly? Get involved! When SGA holds its Club Fair in September—go to it. Find out information about the many activities at SJC and join one, or two—or as many as you can handle.

When you become part of activities, whether they are publications, clubs, teams or cultural activities, you wind up working very closely with your fellow students, and that forges bonds of friendship.

At St. Joe's, there is virtually something for everyone. It doesn't really matter what your interests are—we've got an activity here that will fit the bill. You get involved, and you will make friends. It's as simple as that.

Here's another tip: smile! It might sound silly, but it is an easy way to start conversations. No one likes talking to a blank stare. Smile, and

when others see that you look friendly rather than standoffish, they will gravitate to you.

There's a very friendly atmosphere that permeates St. Joe's and there is always someone nearby to answer your questions. Want to know what's happening? Stop by Room 101 in Tuohy Hall (the Student Life Center), and you can get up to date information on activities.

Need academic help? Try the Academic Center for tutoring in the library.

How about job information or personal counseling? We've got you covered there too. Go to the Office of Career and Counseling Services in Tuohy Hall. Folks up there are always glad to extend a helping hand to you.

I have a feeling that this freshman class is going to be a great one! I believe that if they plunge into college life, the members of this class can do amazing things here.

But just remember this: every student who has already been at St. Joe's has been in exactly the same position that you find yourselves in now: new. To that extent, we've been there and done what you are going to do, so never think that you are alone or that your problems are unique. They aren't. And we're all willing to help you through friendship and advice.

So, it's time to tee it up and kick off the term. I'm hoping that mine will be great. I hope your is too!

Join the Staff!  
Write for The Spirit  
Information in  
Room 607, St. Angela Hall



# The Spirit Reloads for New School Year Newspaper Seeks Reporters and Editors

By Tara Vafiadou

Going into its fourth year of existence, *The Spirit*, St. Joseph's College's school newspaper, is faced with the same problem campus publications at other schools face: rebuilding their staff.

Graduation and other circumstances have diminished the staff of *The Spirit* and the publication is now seeking news reporters, editors, and columnists to fill its ranks.

"Some students think that they must come to us with journalism experience," said Dr. Howard Weiner, Director of Student Publications, "but this isn't the case at all. We will train anyone who is interested in writing for us and get them right out covering stories," he added.

Of particular concern to Dr. Weiner and editors-in-chief Christina Ament and Angela Romeo are the reporters who cover 'hard news,' the events and personalities that appear on campus.

"News writing can be a challenge at first until a reporter finds their rhythm and learns how to write leads," said Ms. Ament. "But once they have written a few stories, like anything else, it becomes fairly

routine," she added.

Christina Ament has been the editor in chief of *The Spirit* since she arrived at SJC four years ago. "I've learned a lot about leadership in the three full years I have had this job," she said. "At the beginning, I really knew nothing, but now, I'm comfortable in the role of editor in chief," she added.

Joining her this year at the helm of the newspaper is junior Angela Romeo. Ms. Romeo served as copy editor last year and when the opening for editor-in-chief arose, she was glad to step in and fill the gap.

"It was a quick change from Copy Editor to Chief, but since I want to be an English teacher, any opportunity to correct writing will be a big help in my career," said Ms. Romeo.

In its first two years of existence, *The Spirit* won two first place awards in the American Scholastic Press Association Annual Contest and Review.

"We are hoping that when the contest results come during the month of November that we will be able to make it three in a row," said Dr. Weiner.

In addition to teaching literature in the English Department, Dr.

Weiner also teaches Journalism and Magazine Journalism. "These courses are an excellent way to get hands-on experience in journalistic writing, interviewing techniques, paste-up and layout—all the many aspects of putting together a college newspaper," said Dr. Weiner.

But since the courses are not offered every term, and sometimes do not run even when they are offered because of lack of enrollment, then he must resort to teaching new reporters on an individual basis.

"Some member of the freshman class is going to wind up as editor-in-chief of *The Spirit*," said Ms. Ament. "We don't know who that is yet, but the person is out there—because we expect *The Spirit* to be here long after we all graduate," she added.

The procedure for joining the paper is simple: any interested student should come to the Publications Office (Room 607, St. Angela Hall) and meet with Dr. Weiner. He will take some basic information and get you started at once on covering campus events.

As Dr. Weiner says, "There is always room on the newspaper for anyone who is interested in writing."



Editor Angie Romeo pastes up *The Spirit* galley.



## The Individualist

By Michael Labeit

### Altruism vs. Islamo-Facism: Which is Worse?

Among the many evils threatening America today are two philosophical ideologies: Islamic totalitarianism and altruism. In order for America to combat the former, it must first overcome the latter.

Islamic Totalitarianism is an ideology that endorses religious militarism and Sharia law on a global scale. It's a rather austere form of mysticism advocating ascetic lifestyles, sightless faith and martyrdom.

Its principal purveyors, Iran and Saudi Arabia, outlaw individual rights and politico-economic freedom. When politically implemented, Islamic totalitarianism leads to theocracy and destitution as well as terrorism, something all Americans are now familiar with. There is no questioning the moral degeneracy of such a doctrine.

While this may sound like America's greatest danger, it is not. Altruism, the doctrine that states that man *must* sacrifice himself for others, is far worse.

Altruism opposes rational egoism (self-interest) based on the idea that morality is based on selfless service and self-sacrifice. The effect of altruism has been immense, as most people today consider unselfish acts as moral, while selfishness has been given a negative connotation.

However, included in selfishness is self-defense and self-preservation. This is what altruism opposes: proper self-defense.

Thus, the altruists state that militarily defending America against known state-sponsors of Islamic totalitarianism is wrong because to defend oneself is to act selfishly.

Dr. Yaron Brook stated that the meaning of altruism suggested that, "One's life is not an end in itself, to be defended righteously for its own sake—but a means to some 'higher' end, to be sacrificed or preserved as is required by one's moral duty to serve others."

Altruism, at its core, rejects man's right to live for his own sake.

Iran, via Hezbollah, murdered 243 marines and naval personnel in the 1983 Beirut bombing; they also took numerous Americans hostage in the 1979 crisis that lasted 444 days.

Saudi Arabia continues to support Wahhabism, a radical form of Sunni Islam. And while both nations have sponsored terrorism in Iraq, leading to the deaths of many of my fellow soldiers, both have gone unscathed in President Bush's woefully inadequate, suicidal 'war on terror' due to the influence of altruism in his 'compassionate conservative' foreign policy.

For America to fully assert its right to self-defense, it must abandon the tenets of altruism and be morally certain of its righteous campaign to obliterate those who have initiated force against it. 'Just War Theory' calls for 'proportional' force as opposed to overwhelming force, discrimination between enemy combatants and enemy civilians, both of whom contribute to the collective enemy war effort, and monstrous demands that American soldiers be used as sacrificial lambs and humanitarians to lift the Iraqi peoples out of poverty. These are all influenced by altruism and are all anathema to basic American self-defense.

In order for America to deal with these dual evils, it must reaffirm the moral supremacy of its values of rational egoism and justice, reject altruism and quite literally, eliminate the chief sponsors of Islamic totalitarianism: Iran and Saudi Arabia. To militarily attack and defeat these nations, especially Iran, would echo the moral integrity of the United States campaign to end Japanese militarism in the 1940s when America realized that their way of life and very lives themselves required an absolute conviction of moral rightness and the immediate end of totalitarianism.

# Food Glorious Food – On and Off Campus

By Bala Huseinovic

After a full morning of classes, when Common Hour rolls around, eating lunch becomes a top priority for students. For upper classmen who have spent at least a year at SJC, finding a place to eat isn't too much of a problem. But for incoming freshman, it's not so easy.

The most popular choice amongst students is in the school's own cafeteria located on the bottom level of McEntergart Hall. The cafeteria has an extensive menu and it serves huge portions at very reasonable prices.

Daily specials such as flank steak, roast chicken and wraps of various types offer choices over and above the standard menu. With a huge selection of beverages and desserts, the school cafeteria provides a convenient place to meet friends, grab lunch and relax before afternoon classes begin.

But some students might have a longer break and want to venture beyond the confines of the campus. Myrtle Avenue, a block away from the school, offers the best possibilities for a more specialized lunch.

Korean, Japanese, Chinese, Mexican, African—all are represented in restaurants on Myrtle Avenue. There is also a diner, several delis and even a gas station that serves White Castle and Dunkin' Donuts.

For example, Wednesday is an all-you-can-eat buffet at Kum Kao, the largest Chinese restaurant in the area. There are also several take-out

Chinese restaurants that serve inexpensive and excellent food.

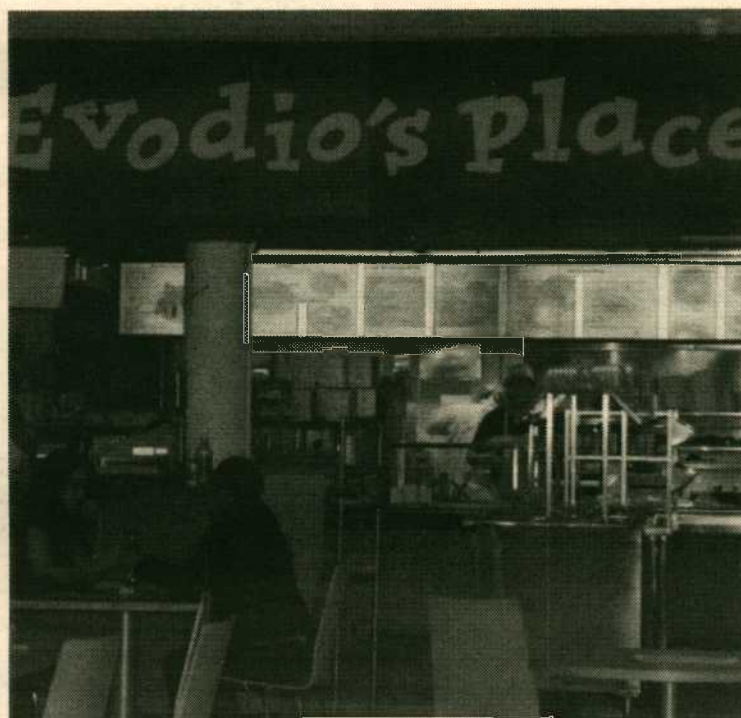
DeKalb Avenue also has delis for sandwiches and several pizza places. For students who have large gaps in their programs, further down DeKalb Avenue is Applebee's which has a huge and specialized luncheon menu at reasonable prices.

Of course, if Common Hour means club meetings, rehearsals or something else that places demands

on your time, there are snack machines throughout the campus in the lounges where you can grab something and go.

And finally, don't forget that many of the events that occur during Common

Hour in the auditorium of Tuohy Hall come complete with catered lunches. You can stop by, grab a bite and watch a speaker, a cultural event or a concert while enjoying lunch.















The cafeteria serves huge portions at low prices.



## THE INQUIRING PHOTOGRAPHER

*What activities do you plan on joining this year?*

	I would like to join the CAB as a staff member to help decide what activities we will have on campus. —Gina Carter
	I plan on being on the Basketball Team and the Cross Country Team and maybe being a Class Rep or a Senate Rep. —Dane Bruce
	I will be a part of the Basketball Team and maybe the Track Team. I also will be in the Business Club and the Student Ambassadors. —Shamek Kudla
	I want to be on CAB staff, a member of the Dance Club and the Child Study Club, and I might join the Fashion Club. —Christina Santamaria
	I want to be a part of the SJC Historical Society and CAB. —Christian Branch
	I plan on joining the Art Club, the SJC Historical Society and CAB staff. —Huldah Charles
	This year I would like to join Chapel Players, Knight Moves and the CAB Staff. —Michael Capizzo
	I will once again be part of the SJC Jazz Ensemble and the Philosophy Club. —Michael Multari
	I will be a member of the Basketball, Tennis, Track and Baseball Teams as well as the Business Club. —Chris Olaskie
	I will be a part of Beta Upsilon Pi sorority, the Dance Club, the Student Ambassadors and CSA. —Cleedy St. Surin
	I will be in Beta Upsilon Pi Sorority, the Science Club and the Student Ambassadors Club. —Yvonne Ferrara
	This year I will be a member of Campus Ministry and Outreach and the Child Study Club. —Gina Khan

# Parking Permits Available During Week 1

By John Castaldo

It's your first week of school. You pull up to the parking lot on Vanderbilt Avenue, roll down your window and the parking attendant courteously asks you, "What time are you leaving?" You say, "3 PM." He tells you, "Space 8." You glide into your parking space, park your car and proceed to your class.

A pipe dream? Wish projection? Not if you are amongst the lucky few who apply for SJC Parking Permits during the first week of school and you can display your parking tag for all to see.

During the final week of the summer, applications for parking permits were sent out to all students. These applications must be sent in or hand delivered one week prior to the sale of the parking tags.

The applications will ask for a description of your vehicle and your license plate number. Students will also have to show the vehicle's registration, insurance card and a valid Student ID card at the time of purchasing the tag.

The parking tags are on sale in the Student Life Center (Room 101 of Tuohy Hall). The cost of the permit is \$50 and it must be paid by check or money order. Students must include their Social Security numbers on the check.

Sale of parking permits is on a first come-first served bases. There is a limit of 200 permits available to Arts and Science students. But there is still

a catch: having a parking permit does not guarantee you a parking space.

Space in the parking lot is also on a first come-first served basis. If you arrive at school at 11 AM for a 12 Noon class, the chances are exceedingly good that you will spend an hour looking for a parking space in the vicinity of the school.

Last year there were approximately 120 requests for parking

permits – substantially below the number available; however, as the school population increases, the number of requests may also increase, so students are advised to request their permits immediately.

Anyone with additional questions about parking should contact Sherrie VanArnam or Jaime Vacca in the Student Life Suite or by calling (718) 636-6811 or (718) 399-2602.



Don't get shut out. Get parking Permits early.



## MUSICAL NOTES

By John Castaldo

### Tony Bennett: Voice of a New Generation

The lights go dim, the piano starts to play, a trio swings into the opening number, and no, it's not Michael Buble or Robbie Williams, but Tony Bennett himself.

At 80 years old, Tony Bennett is still swinging and singing. But recently, some other musical stars both young and old, have joined him on stage.

Tony Bennett is no stranger to bridging the generation gap. In the 1990s, he successfully starred in his own MTV Unplugged special, performing with Elvis Costello and k.d. Lang—both performers with a Generation X fan base.

This past February he reached across the generation gap again to the youth of today. He performed on a NBC special and on his critically acclaimed *Duets: An American Classic* album with such notable stars as John Legend, Michael Buble and Juanes.

And he was not just performing any songs. He was singing *his* songs. He accomplished two goals: performing with the stars of today and educating the audience of today about the music of yesterday.

The only other performer to span that kind of a generation gap was Frank Sinatra who performed from the 1930s through the 1990s, essentially entertaining grandparents, parents, children and grandchildren.

Tony Bennett has performed since the 1950s and at the rate he is going, he may even surpass Sinatra by entertaining great grandchildren.

He's no different or better than many of his contemporaries, but

he is indeed distinct in his willingness to adapt to newer styles of a newer generation.

As the big band swing of the 1950s became passe, he began to perform with a trio or quartet, and his songs, once blaring big band numbers, became more subdued and jazz-oriented.

When legendary pianist Bill Evans was at the height of his talent, Bennett cut an album with him. When Count Basie led the swingiest band in the land, Bennett recorded with him. When k.d. Lang was popular, he recorded with her. And now that John Legend is popular, he is recording with him as well.

Tony Bennett knows how to keep himself visible. He capitalizes on the fame of his signature song, "I Left My Heart in San Francisco," and the name-recognition of duet partners to make younger fans want to buy his music. On both his MTV Unplugged album and his recent *Duets*, "San Francisco" was a staple.

People tend to buy what they know, and most people know and recognize that song from its piano intro.

Still, Tony Bennett manages to make himself the grandpa of music when singing with younger stars. He comes across as the wise old teacher, the guru, teaching his class how to master their craft.

He is the elder statesman of the popular music business, and although Sinatra ranked #1 among all-time great popular vocalists, Tony Bennett is a close second.

## College Knowledge

Back by popular demand—College Knowledge! Want to win a \$25.00 gift card to Best Buy? Just be the first to answer these few questions correctly and bring your answers to Room 607 St. Angela Hall. Remember—no Googling!! Let's see what you know!

1) What links the following words: Rose, Fortune, Swan, Globe?

2) What was the nickname of the first born son of England's King Edward III?

3) He composed movie music for *The Magnificent Seven*, *Ghostbusters*, *Animal House* and *The Ten Commandments*. Name him.

4) Who said that battles are one by he who gets there "The firstest with the mostest."

5) By what name was Walden Robert Casuto better known?

6) Fill in the automobile blank: Pontiac Catalina—Pontiac Executive—Pontiac \_\_\_\_\_.

7) He told everyone that *he* invented jazz. Many music historians agree with him. Who was he?

8) This 'take' on Shakespeare's *The Tempest* is set on the planet called Altair 7. Name the film.

9) Who was the first American president to be impeached?

10) American poet John Greenleaf Whittier wrote a poem called "Ichabod." What famous politician was this poem about?



# Like Creative Writing? Try *Calliope*

By Lori Bastien

*Calliope: A Journal of the Literary Arts*, is the creative outlet for writers at St. Joseph's College. Now in its third year, *Calliope* has already published the work of over fifty poets and short story writers and hopes to grow in size and scope this year.

The idea for a creative writing journal came from the English Club, which is moderated by Professor Margaret Jennings. The first two editors, Finona McWilliam and Samantha Saines of the Class of 2006 brought the idea to Dr. Howard Weiner of the Publications Department and the journal became a reality.

"Fiona and Sam worked very hard to gather the poetry and stories and they really kicked off *Calliope* in a very positive fashion," said Dr. Weiner.

The second year's journal was edited by Catherine Barnik (Class of 2007) and freshman Nick Souleotis.

"I selected Nick as the editor in chief because he had experience in

that job in high school," said Dr. Weiner. "Having a freshman do the job meant that I could count on some continuity for the next four years," he added.

Souleotis will return this year as the editor-in-chief.

"We invite any creative person on campus to submit poetry and short stories," said Souleotis. "We also want artists to illustrate the works that the editorial staff selects for publication," he added.

Junior Amy Tirado was the Art Editor for *Calliope* 2007 and she will return to that position for the 2008 edition of the journal. As president of the Art Club, Ms. Tirado was able to enlist her membership and provide artwork for most of the poems that were selected for 2007.

"We operate on a very small budget in *Calliope* but we still manage to turn out a very fine product," said Dr. Weiner.

How fine will be determined this fall. The publication was submitted to

the American Scholastic Press Association's Annual Contest and Review and the staff is anxiously awaiting the results to see how SJC fared against other colleges of our size.

"Nick and Catherine did a terrific job last year and I have great hopes that we did very well in the contest," said Dr. Weiner.

Students who would like to submit their poetry or short stories to *Calliope* may do so by bringing them to Room 607 of St. Angela Hall or by emailing them to [hweiner@ajcnv.edu](mailto:hweiner@ajcnv.edu).

There is no limit to how many works a student may submit, but there are size restrictions to the short stories. Typically, approximately 800 words is the maximum that the journal can accommodate.

"I look forward to another great year of seeing how creative our students are," said Dr. Weiner, "and I also welcome anyone to the staff in the role of editor who wishes to join us in the evaluation of poetry and prose," he added.

# Big Bargains in SJC Bookstore

By Ashley Pucciarelli

You wouldn't think that a school as small as St. Joseph's College would have a full service bookstore—but then you'd be wrong.

Located on the lower level of McEntegart Hall (the Library building), St. Joe's bookstore offers just about everything a student could need or use as the terms begins.

First, there are books (no surprise there). The bookstore works in conjunction with Barnes & Noble to stock the bookstore with the texts that are used in each course offered for the semester.

During the spring term, the faculty fills out request forms of books they intend to use in their courses that they will teach during the fall. The bookstore then orders them and has them on the shelves, labeled according to course and instructor, by the time the term begins.

Of course, there are always a few snags in the system caused by textbooks being back ordered, but for the most part, the vast majority of books is shelved and ready for

students to purchase. Then there's clothing. The college bookstore has a huge variety of clothing, each article emblazoned with the St. Joe's name and/or logo. Sweatshirts, T-shirts, sweatsuits, hats, umbrellas, coats, jackets—everything the big bookstores on major campuses have, the bookstore right here has.

The store also stocks a wide selection of stationery items: books, binders, pens, pencils, art supplies, folders, hi-liters—think of it as Staples Lite.

Since the store expanded several years ago, it also stocks snacks, candies, gum and other consumables that students can purchase without venturing off campus.

"Even though I work at Staples, I find it very convenient to have everything in one place right here on campus," said junior Amy Tirado, "so I always stock up on what I need on the first or second day of the term," she added.

Now let's get this straight: it's not Staples or Office Max, and it's not

Barnes & Noble. It is possible to go online to Amazon.com or Half.com and find incredible bargains on some (but not all) textbooks. And if you think it's going to look like the three story bookstore at Michigan State University, you are going to be disappointed.

But it is undeniably convenient and when you need something for a class in a hurry, the college bookstore is the place to go.

"It doesn't look all that big from the outside," says junior Bala Huseinovic, "but when you walk into it, you'd be amazed at how much they carry. That's why I use it a lot," she added.

It's just a block away from any point on the St. Joe's campus, and it's right next to the cafeteria. So you can kill the two proverbial birds with one stone by eating and making your school purchases in the same visit.

But one warning: on the first days of the term it can get awfully busy as students get their textbooks to stay ahead of their work. So shop early—and often, at the SJC bookstore.



## THE TECH HEAD

BY ROBERT MARRIELLO

### Where Technology is Leading Us

Hello everyone! For those who know me, then you know what this is about. But for the new students, allow me to introduce myself. I am the Tech Head—*The Spirit's* resident tech guru and your guide to technology, be it hardware or software, laptop or desk top, Windows or Macs.

In this edition, I have decided to start you all off easy by talking about current trends in technology. This column is about what technology is becoming.

Everyone who has some idea of old TV shows may remember *The Six Million Dollar Man* and the concept of making a man stronger, faster and better. That's how technology is going: making things faster, more powerful, smaller and creating upgrades almost once a month.

In the old days, if you had a cell phone, it was a combination communications device, mobile exercise device and lethal weapon—all which needed its own bag or case.

Today, cell phones are thin palm sized pieces of tech which have color displays and they do about everything from taking pictures to surfing the net.

Laptops used to be bigger than the average briefcase and were used mostly for typing or if you had a young nephew, maybe a game of Tetris or two. But today, laptops and computers have not only gotten smaller, but their size keeps diminishing, so it seems. There are at least several portable computers out there like the Sony VAIO notebooks that are about the size of the average book and they do everything the average computer or laptop does. And they are working on making even smaller ones!

Also as time progresses, companies are working on combining multiple things into today's technology. Apple's iPhone, for example, is a combination phone, MP3 player, wireless internet browser and a device actually capable of connecting to wi-fi networks.

There's another device I picked up recently that combines card reader technology with Bluetooth technology, so not only can you copy your pictures onto your computer, but you can also connect your phone to the computer via Bluetooth and sync your data.

Want more? There are now refrigerators with TVs built in. Pretty soon we will have internet enabled blow dryers, robot vacuum cleaner cell phones and SMS messaging bowling balls.

Am I saying this isn't a good thing? No, I think that with how we are growing as a society, faster processors with more space are exactly what we need, but technology creators need to work on not creating things so fast.

We don't need updates on pointless things every time someone comes up with one. Cameras don't need updates that allow you to email straight from the device, phones that don't need to be able to be connected straight to printers or laptops that can be plugged into the car and used to get GPS information.

Technology is growing fast—and it won't be long until some of the things we've seen on TV really do exist.

Now, another thing I do in my column as something I call "Fact or Fake." I give you three 'facts' and you need to figure out which is real and which is bogus. I won't be giving any new questions this time, but I will give the answer to the poser in my last column.

I asked which was the furthest from becoming a reality: flying cars, 3-D holographic images, and transmitting information by laser. The one that has the longest to go is holograms. There's currently a working model for a flying car and laser-info transmission is well on its way.

Will the other two technologies become realities someday? I'm not sure—but check back with me in 50 years and we'll find out then.

Until the next time, this is the Tech Head logging off.



A full section of school supplies in the Bookstore



College clothing by the rackful is a feature of the store



# Finding Your Way on Campus

## Red Room Cafe in Tuohy Hall Ready to Open

By Tara Vafiadou

The long awaited and highly anticipated St. Joseph's Café is finally on the way. The Red Room in Tuohy Hall has been turned into a café for use by the college community.

The idea for an on-campus café came out of the efforts of the Office of Student Life under Sherrie VanArman and Dr. Susan Hudec, Dean of Students. They, along with the assistance of the Office of Career and Counseling, came up with the concept for the café.

Several students, including Thea De Paola and John Castaldo and Natalie Vallette contributed ideas and concepts to the design of the café's space.

Fundamental to the concept was the idea that the students at SJC needed more lounge space, more recreational space, and more than one place on campus to eat.

One of the most attractive features of the café is that it will be almost entirely student-run. There will be opportunities for 10-15 work study students to find on-campus employment in the café to help them earn money towards school expenses and tuition.

Up until this time, the Red Room space was underutilized. Senate meetings, Sound Bytes and occasional other meetings were held there, but for the most part, the space would go unused for most of the school year.

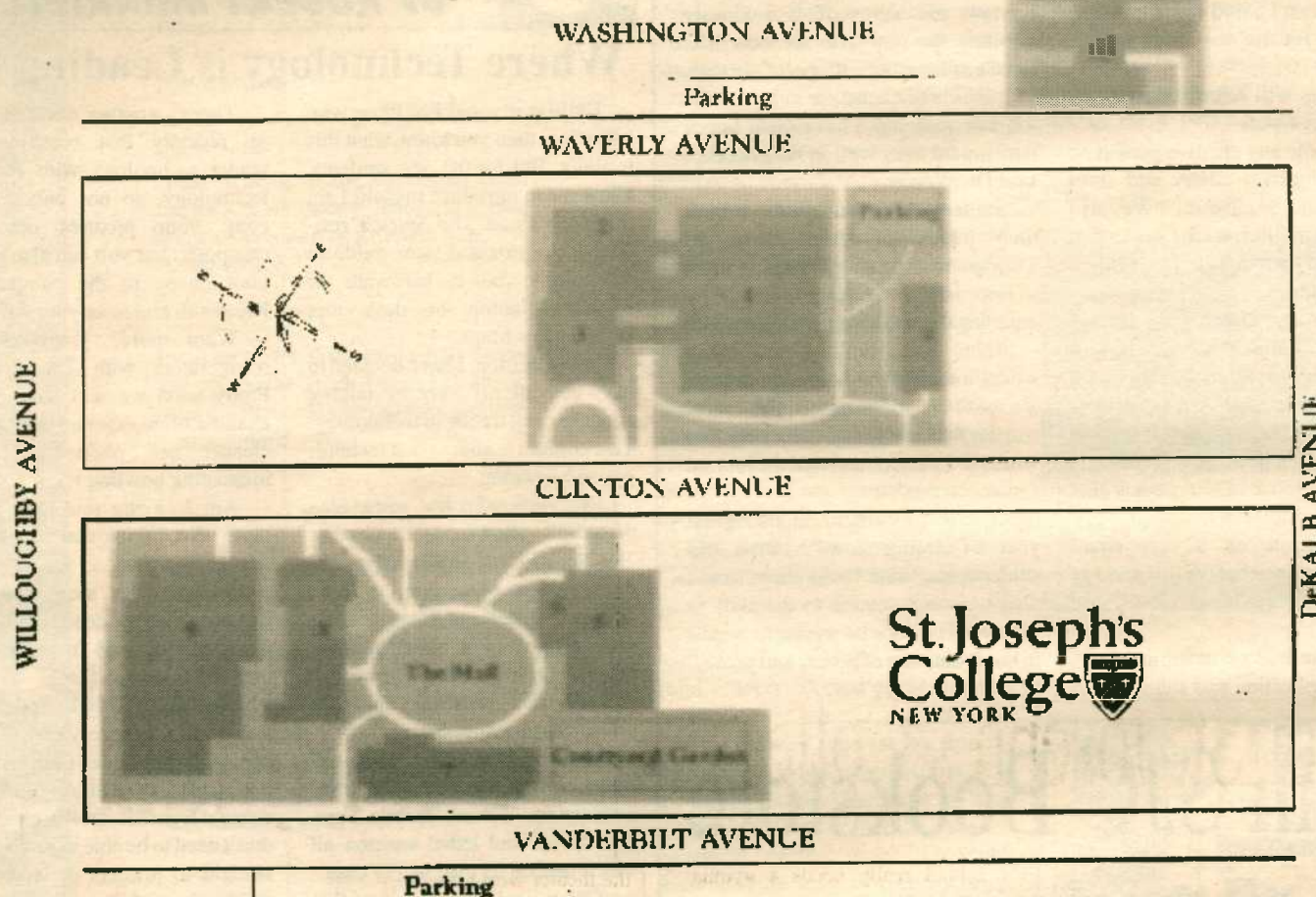
Now, it is hoped that the new café will be frequented by a large number of students since it is centrally located in Tuohy Hall.

Coffee, desserts, light sandwiches muffins and various specials will make up the daily fare at the café. Through decorations that will enhance the ambient space, it is hoped that the café will take on a continental look and feel.

"We tried for years to have this kind of a space at the college," said Janine Farraj, Assistant to the Vice-president of Enrollment Management, "and I am glad to see that it is finally becoming a reality," she added.

When the idea was first brought up by the Class of 2005, it was originally anticipated that the café would be located in St. Angela Hall to help draw students to that building. But the auditorium space in SAH was converted into a dance studio, so the café had to be sited elsewhere.

"The café represents a great improvement for the campus," said junior Angela Romeo. "Students can still use the Tuohy Hall lounge, but now, instead of having to go to the cafeteria for something to eat, they can go right next door to the Red Room and eat there," she added.



### LEGEND

- |                                   |                                 |                         |
|-----------------------------------|---------------------------------|-------------------------|
| 1. Tuohy Hall (S. VincentTherese) | English Department Office       | Chapel                  |
| Administrative Offices            | Meeting Rooms                   | Classrooms              |
| Alumni Room                       |                                 | College Book Store      |
| Art Studio                        | 5. St. Joseph's Hall ("256")    | Computer Laboratories   |
| Auditorium                        | Alumni Office                   | Department Offices      |
| Business Office                   | Courtyard Garden                | Accounting              |
| Chemistry Laboratories            | Institutional Advancement       | Business Administration |
| Classrooms                        | Department Offices              | Economics               |
| Game Room                         | History                         | Speech                  |
| Gymnasium/Exercise Area           | Modern Languages                | Faculty Study           |
| Physics Laboratories              | Psychology/Psychology           | Library                 |
| Student Government Offices        | Laboratory                      | Student Lounge          |
| Student Publications Office       | Religious Studies               | Videoconference Room    |
|                                   | Social Sciences                 |                         |
| 2. Biology Laboratories           | 6. Thomas E. Molloy Memorial    | 10. St. Angela Hall     |
| Student Lounges                   | Outdoor Stage                   | ACES Program            |
|                                   |                                 | Art Studio              |
| 3. Burns Hall ("245")             | 7. Dillon Child Study Center    | Auditorium              |
| Board Room                        | Child Study Dept Offices        | Campus Ministry         |
| Chapel                            | Library, Observation Rooms      | Classrooms              |
| Faculty Residence                 | Preschool Rooms                 | Education Department    |
| Formal Dining Room                | Testing & Speech Offices        | Mathematics Department  |
| Parlors                           |                                 | Philosophy Department   |
|                                   | 8. Founders Hall (FacResidence) | Meeting Room            |
| 4. Lorenzo Hall                   |                                 | Student Lounge          |
| School of Adult &                 | 9. McEntegart Hall-Library      | Videoconference Room    |
| Professional Education            | Cafeteria                       | Student Publications    |
| Administrative Offices            |                                 |                         |

Here's a little something for the directionally challenged: a map of the SJC campus.

It shouldn't take new students all that long to figure out where their classes are, but unlike a single-building high school, there are

several academic buildings on the Brooklyn campus and during the first week of school, navigation could be a challenge.

We recommend cutting out this page of *The Spirit* and carrying it around with you—maybe in your book

bag or even in your pocket protectors (for those of you who carry around nine or ten pens).

This handy map also comes with a legend which explains where the various academic departments and services for students may be found.

Sometimes things change on campus, so you might want to consult the directories that are found inside each building for the latest whereabouts of the things you need.

So use the map, get to class on time—and good look at SJC!



# Ease the Transition at the Academic Center

By Angela Romeo

College!—Your fondest dream, or your worst nightmare, depending upon how quickly you make the transition from being a high school student to becoming an undergraduate.

That transition process can be challenging. The responsibility for success rests mostly upon a student's shoulders and it is not infrequent that freshman are overwhelmed by the changes.

Cognizant of the many difficulties that students can encounter in school, St. Joseph's College has created an Academic Center to provide one-to-one assistance in a variety of academic subjects.

Located on the third floor of the library (McEntegart Hall) between the two computer laboratories, the Academic Center provides tutors for students in subjects from chemistry to English to accounting,

math, statistics and writing—and the list of subjects is expanding.

The Academic Center is run by Ms. Janine Latham, Assistant to the Academic Dean, S. Margaret Buckley.

Students are encouraged to come to the Academic Center sooner rather than later for help in their course work. That is, the moment a student has difficulties, he should seek help and not wait until exams are imminent.

Once a student signs up for help, they will be paired with a tutor and in some cases, the professor of the student's choice can be brought to the Center to assist in the tutoring process.

"As far as writing goes, college graduates should be well spoken and proficient in speech and writing. The Academic Center helps them and we are glad to give out handouts that assist students in a particular area of need," said Professor Dorothy King, one of the teachers in the center. "I have many friends who have used the

Academic Center," said junior Lori Bastien, "and the tutors that they have had were very helpful—so helpful that they wound up doing well in their classes," she added.

The hours of the Academic Center vary from fall to spring semester so it is best to make inquiries before planning a tutoring schedule. During the spring 2007 semester, the center expanded its hours and days to include Saturdays and Sundays. They hope to maintain that schedule for the fall 2007 term.

From its modest beginnings, the Academic Center has grown dramatically adding more certified tutors and more areas in which students can receive help.

Now it is up to those students, particularly freshmen, to take advantage of what SJC offers by utilizing the Academic Center to get the help they need when they need it.



Students receive tutoring in the Academic Center

## What's in Store for St. Joseph's College

By Christina Ament

SJC Students have grown accustomed to seeing big changes in the school when they returned from summer vacation. One year the cafeteria and bookstore had been renovated, the next year the first floor of Tuohy Hall had been rearranged and in still another year, the front entrance of Tuohy Hall itself had been completely redesigned.

But what lies ahead for St. Joseph's College in the immediate future is somewhat more subtle in terms of the changes that will take place.

S. Elizabeth Hill, the president of St. Joseph's College since 1997, says that one reason that changes have slowed down on the campus is a function of the availability of space. Every building on the Brooklyn campus is utilized and at this time, there are no buildings nearby that the college can purchase or lease.

Yet, plans do go forward to make some changes in the future. "We continue to upgrade and renovate the facilities. One major goal is to find a

way to provide a gym, but there is no space available either on campus or in the surrounding neighborhood," said S. Elizabeth.

Changes to the infrastructure of the school's buildings will soon be underway. "There will be a program of window replacement," said S. Elizabeth. "I'm not sure exactly when we will start that, but it will be a long project done in several phases," she added.

Changes in something like the windows are made for both safety and energy conservation reasons. These and other decisions about changes and improvements to the school are made by the college's administration after discussions with appropriate people such as energy specialists and contractors.

Similarly, changes to the curriculum and program offerings are made through the actions of the administration and appropriate academic committees.

Students at SJC have their own views on what they would like to see

done to improve the college. "I think the school really needs a gymnasium," said varsity athlete Svetlana Medvedeva. "Going down the block to play at Bishop Laughlin for home games is okay, but if can't take the place of having your own arena to perform in," she added.

John Castaldo, founder of the SJC Jazz Ensemble, has his own ideas for improving the campus. "I would like to see real rehearsal spaces constructed—a band room with storage space for instruments, stands and a music library," he said.

Though major changes are not apparent for the Fall 2007 semester, the administration is always looking for ways to improve life at St. Joseph's College. "We are committed to the Brooklyn campus and we will continue to make every effort to provide a comfortable, safe, attractive and technologically equipped environment in which our students will be able to learn and to enjoy all aspects of college life," said S. Elizabeth.

## Club Fair/Club Hop Get Students Involved

By Angela Romeo

You could look it up: one of the best ways to enjoy the college experience is by getting involved—particularly as a freshman.

This is not to say that new undergraduates should become so involved that they compromise their grades, but by joining an activity or two, new students get to make new friends and meet people with common interests on campus. They also get to work closely with faculty members who serve as moderators of the various activities.

From the very beginning of the term, the student government and

Campus Activity Board are involved in showing students, especially new ones, what SJC has to offer.

On the second day of Orientation, SGA sponsors Club Fair. Under the tent on the mall where other orientation activities occur, each club, team, publication and special activity will set up a table manned by club members. There might be photographs of prior events on display or copies of publications or other evidence of what the activity is all about.

Every freshman will have a chance to visit the many tables that represent

these activities and talk to officers or members and find out what they can expect if they join.

The message that new students will hear repeated over and over again during orientation is to become a part of *something* on campus, rather than just commute back and forth to school and do nothing.

A week or two after the beginning of the school term, SGA will run Club Hop. Club Hop occurs during common hour and organizations are set up in rooms in Tuohy Hall.

Each club or activity is given a fifteen minute bloc of time to talk to

prospective members and recruit them by sharing their experiences and plans for the coming year.

The Club Hop usually takes place over two days, so students should be able to visit as many as eight different activities in that time.

"Club Hopping provides an excellent opportunity for new students to see what each club has to offer," said Adam Mace, president of SGA.

The schedules and room assignments for the Club Hop will be available in Room 101 of Tuohy Hall (the Student Life Center) and will be posted on bulletin boards throughout

the campus.

Should students have further questions about a particular activity or were not able to visit all that they wished during the Club Hop, they can come to Student Life and speak to one of the officers of SGA or Sherrie VanArnam, Director of Co-curricular Activities.

"If it weren't for Club Hop, I would not have known about Dance Club or *The Spirit*," said junior Deana Elsayed. "But that's how I became a part of both of those activities, so it really is a worthwhile thing to take part in," she added.

## The Culture Vulture

By Nick Souleotis



### In and Around the New York Arts Scene

Hi everyone and welcome back to another year at St. Joe's! I'm Nick Souleotis—your Culture Vulture, and I will keep you up to date on all the major cultural events occurring in the theater world, the music world—and the world of St. Joe's arts.

This summer I spent a lot of time at MOMA—the Museum of Modern Art. It's gotten a bit pricey, but it displays some of the greatest works of 20<sup>th</sup> century art to be found anywhere in the world. If you haven't seen it yet, it's well worth your time and the price of admission.

By now, any theater-goer knows to visit the TKTS booth in Times Square. Every day, tickets for shows that day are sold at a discount of 50%—and these are for premium seats.

Check out South Street Seaport! Real sailing vessels, a beautiful indoor mall, great restaurants and a view at night that can't be beat!

For those of you who like to read, what can be better than the Strand Book Store on 12<sup>th</sup> Street and Broadway? Their slogan is "8 Miles of Bookshelves" and they mean it! The selection is endless and the prices are amazing. This isn't to take anything away from the flagship Barnes and Noble bookstore on 5<sup>th</sup> Avenue. They also have incredible bargains and a wonderful

ambience for a reader.

Speaking of the upcoming year, it looks like another Disney blitz on Broadway. Though *Beauty and the Beast* has closed after a decade, *Mary Poppins* is still going strong with a marvelous cast, stupendous choreographed production numbers and special effects that will pop your eyes out! If you remember watching Dame Julie Andrews and hearing songs like "A Spoonful of Sugar" and "Chim Chim Cheree" in the film, then you will love this version.

*Tarzan* is entering its third year on the Great White way and of course on November 3<sup>rd</sup>, *The Little Mermaid* opens. How they will handle the underwater scenes, well, I can't wait to find out. What's next? *Mr. Toad's Wild Ride: The Musical*?

These musicals are all child-friendly and are a great way to introduce kids to live theater. But don't kid yourself: these shows are just as pleasing to adults.

The arrival of such musicals on Broadway almost guarantees that their will be a new generation of theater-goers coming up through the ranks.

Well, let's have a great and cultural year and I will see you in the next edition of *The Spirit*.



# ST. JOSEPH'S SPORTS



## THE SPORTING LIFE

BY MARK WILSON

### Everyone Faces Pressure at Some Time

As the new school year begins, the 2007 baseball season is coming to a close. The culmination of a summer of scratching and clawing for every 'W' and jockeying for position is soon about to come to an end. With little less than a month remaining in the season, the last few teams are fighting for the final Wild Card spot or perhaps even the Division titles.

Allow me now to speak just to the incoming freshman class. You are now entering into a new and exciting world. You don't know what lies in front of you or what your future will hold. Believe it or not, you are closely akin to the world of sports. In fact, you are a lot like our own New York Mets.

In 1962, the New York Mets were the freshmen of Major League Baseball, having replaced the Brooklyn Dodgers and New York Giants as the National League entry after those legendary clubs ran off to what they thought were greener pastures on the left coast.

The newborn team began that first season by losing ten out of its first eleven games. There were more errors than hits and more tears of heartache than tears of joy. Casey Stengel, the Mets' first manager, was even rumored to have yelled across the dugout, "Can't anyone here play this game?"

Not only did the Mets have tremendous shoes to fill, but the spotlight was almost completely on them—not on their hyper-successful Bronx neighbors.

There was an incredible amount of pressure on the Mets—and they were floundering.

Here's the part where I should begin to say how the Mets turned it around and made the season worthwhile. Sorry to disappoint those of you who enjoy a happy ending, but the manner in which the Mets ended the 1962 season was far from blissful. Their misery finally ended on September 30, 1962, the

day they lost their Major League record 120<sup>th</sup> game.

For the next six years, the Mets continued to wallow in the doldrums of the National league. It appeared as if the highlight of their inaugural decade as a team was finishing second to last twice.

Then the 1969 season rolled around. Manager Gil Hodges, a player on the hideous 1962 team, had been working hard with the team for the previous two years and it was finally about to pay dividends.

With such players as Tom Seaver, Bud Harrelson, Tommie Agee and Cleon Jones, the Mets were able to win 100 games in 1969, come in first place and ultimately win a World Championship.

The Mets, who had had miserable season after season, miraculously turned it around. The onetime freshman of Major League Baseball were now wearing the laurels of success.

As entering freshmen at SJC, you may be feeling the same apprehensions as the 1962 Mets did. Like the Mets, who had a great deal of pressure on them, you too have to brave a large amount of pressure and stress.

You may be feeling the pressure of having to make the choices of what career path to follow. You may be on a scholarship and feel the pressure of earning high grades in order to maintain it. Whatever the reasons, college is full of pressure. Don't let it get the best of you!

Will you falter? Will there be setbacks? Probably. Look at the Mets. They lost 120 games—a dismal record that still stands today. Yet years later, they were able to win a World Championship.

Now, I'm not saying that you should spend seven years here. You should stick to the recommended four. But don't let that stop you from striving for success.

Don't even wait for four years to pass by. Start your 1969 season now!



Coach Walter Sanchez and the 2006 Tennis Team

## Pursuing the Impossible Dream

### Volleyballers Gun for 4th Straight Title

By Ashley Pucciarelli

There's only one question in mind for anyone who follows the Lady Bears Volleyball Team: Can they do it again?

After last year's third consecutive Hudson Valley Women's Athletic Conference championship, the word 'dynasty' was being used to describe the Lady Bear's Volleyball Team. New York Yankees, Chicago Bulls, New York Islanders—SJC Bears—all dynasties that ruled their sports for years.

Now, entering the 2007 season, the Lady Bears have the chance to accomplish the unimaginable: win a 4<sup>th</sup> consecutive conference title.

Make no mistake about it: the team is cocked, locked and ready to rock—armed to the teeth with veteran players who have already made their marks in intercollegiate volleyball.

The team returns 4 senior starters: Christina Ament, Svetlana Medvedeva, Marzena Stadnicka and Magdalena Wiecek.

Wiecek was named to the United States Collegiate Athletic Association's

All-American team and the Hudson Valley Women's Athletic Conference All-Conference team for the third year in a row.

Junior Tamara Bulatovic was also named as an HVWAC All-Conference player, and she, along with Svetlana Medvedeva, were Honorable Mentions on the All-American team.

Also returning is outside hitter Marzena Stadnicka, who was last year's HVWAC Tournament Most Valuable Player.

"This will be the fourth year in a row that some of us are playing together," said Chrissy Ament. "We know each other's game and we have great team spirit," she added.

Head Coach Michael Schober will be starting his 7<sup>th</sup> season at the helm of the Lady Bears and he, along with his assistant coaches Mario Tang and Sylwia Schober believe that the team has the competitive experience to finish on top again.

"What we've been able to accomplish, considering we are such a small school, is pretty amazing," said

middle hitter Svetlana Medvedeva. "If we use our skills and work together, I can't see why we can't make it four in a row," she added.

Other conference teams will have a say in that, of course. Chief rival to the Lady Bears is the College of Mount St. Vincent, who the Bears defeated in the tournament championship game last year by the scores of 30-16/30-16/30-16.

Other tough schools on the schedule will be Medgar Evers College and St. Elizabeth's College, both of whom the Lady Bears defeated in the HVWAC tourney last year.

"Everybody loves to knock off the team that's on top," said Chrissy Ament, "so we expect to see our opponents' A-game every time we play, but I really believe that this team can win 4 straight," she added.

Four in a row! A goal? A Record? A dream? When the season starts in early September, the entire college will get to see if this is the team with the right stuff—the grit to bring home yet another championship trophy.

## Tennis Team Ready for New Season

By Angela Romeo

Most college teams are faced with the task of rebuilding their squads every year. The loss through graduation of seniors often leaves a dearth of experience that somehow must be replaced.

Not so for Coach Walter Sanchez of the Lady Bears Tennis team. The 2007 squad returns virtually intact from the 2006 season. There were no senior members of the team to graduate, and so Coach Sanchez finds himself loaded with players who have had one or more years of conference competition under their belts.

The balance of seniors, juniors and sophomores on the 2007 team will include: Annamarie Ciorciari, Tara Deahn, Danielle Kramer, Nicole Larkin, Jessica Lintner, Elaine Lupenowicz and Svetlana Medvedeva.

The Lady Bears are only entering their fourth season as a varsity team. Before that, they had club status, but now they are full members of the Hudson Valley Women's Athletic Conference and the United States Collegiate Athletic Association.

But conference play can be tough against long-established teams and the Lady Bears found that out in 2006 when they posted a 3-6

overall record.

This year's schedule will include 9 regular season matches and the two conference tournaments. Can the Lady Bears be competitive?

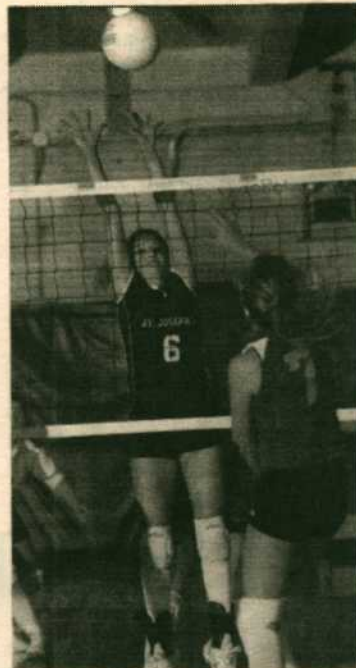
"After you play against the kinds of teams we face every week, you wind up learning lots about the game," said senior Svetlana Medvedeva. "Are we the equal to all the other teams in the conference? I don't know, but I do know that we will go out and try our best at each match," she added.

Medvedeva knows something about competition. She has earned varsity letters in Volleyball, Basketball, Softball and Tennis during her SJC athletic career.

Amongst the teams the Lady Bears faced in 2006 and are likely to face in 2007 include such veteran programs as Yeshiva University, Sarah Lawrence College, CSI, Mount St. Vincent College and Cooper Union.

No other college in the conference brings such minimal experience to the table as does St. Joseph's, but this does not prove daunting to Coach Sanchez and Assistant Coach Christine Tang.

Practices for the 2007 season began in the summer and the matches



Mazena Stadnicka leaps for a block in 2006 Championship game against Mount St. Vincent College.

begin in the first week of the fall semester and continue through the end of October. Then the conference championship tournaments begin.

With four seniors graduating this year, rebuilding for 2008 could be a problem. It will take vigorous recruiting to attract new players. But for now, the Lady Bears look to move up in the rankings for 2007.